

Julie's story

Julie Sieja Satterfeal, MS, RDN, LD

I feel very lucky to have chosen dietetics as my college and career path. It is a field that has allowed me to blend many of my aspirations, both professional and personal, into a fulfilling well-rounded life.

My passion and mission as a dietitian is to spread a message of acceptance using an anti-diet paradigm and initiative. This approach replaces the negative mindset of restrictive dieting and food avoidance with acceptance of ourselves, others, foods, traditions, diversity...in all of our sizes, shapes, ethnicities and individuality. I recognize that weight does not dictate health, and that dieting perpetuates the problem it claims to solve. Time in this profession continues to validate these statements and to uncover even more detriments of dieting both physical and mental.

My career as a dietitian has always encompassed some form of teaching. I have worked as the Outpatient and Community Wellness Dietitian at St. Francis Medical Center in Peoria, Illinois with many opportunities for public speaking, as well as mentoring interns, providing outpatient nutrition counseling, and program development. At Illinois State University I was the Wellness Health Educator, and taught in the nutrition department. I love working with college students. I periodically serve as a preceptor to dietetic students and have taught Medical Nutrition Therapy at Alabama A&M University. One of the greatest assets of my career has been the ability to stay connected in the field while also being a full-time mom to my three children. This flexibility was made possible by my dietetics training, which allowed me to develop a diverse set of skills.

Currently, I have an online private practice where I run a blended program of one-to-one counseling and group support that is enhanced by customized online modules and resources. I inspire an anti-diet approach, sharing strategies for food and body peace and authentic health without restrictive eating or a focus on weight. Both my podcast, *Shame Free Eating*, and book, *Ditch the Diet: How to Reclaim Your Health and Enjoy Food*, encapsulate these strategies. It is a message I am passionate about sharing from the big stage, in groups, and one-on-one as I endeavor to propel this movement! I love getting connected with other professionals and sharing the value of an anti-diet approach and practical and effective tools for how to work with clients and move forward in this paradigm.

Get in touch!

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